



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

For Immediate Release:
Feb. 2, 2010

For More Information, Contact:
Michelle Walker
Division of Tobacco Prevention and Control
North Dakota Department of Health
Phone: 701.328.2315
E-mail: mlwalker@nd.gov

North Dakota Launches QuitNet, a Web-Based Service To Help Tobacco Users Quit

BISMARCK, N.D. – The North Dakota Department of Health today announced the launching of a new comprehensive web-based service designed to help tobacco users quit. North Dakota residents can log on to North Dakota QuitNet at www.nd.quitnet.com and find free help to quit using tobacco, according to Michelle Walker, tobacco cessation director for the North Dakota Department of Health.

“The QuitNet service is convenient and completely confidential and provides solid help with the challenging task of quitting tobacco,” Walker said. “We know that people are connected online, using the Internet for work and the social aspects of their lives. We wanted to offer an online tool people would be comfortable using and that would offer the social support which is so helpful when quitting tobacco.”

When people sign up for the online service they will have:

- Access to online professional cessation counselors.
- Assistance in designing a personal quit plan.
- Support from other quitters all over the world 24 hours a day, seven days a week, every day of the year.
- QuitTips e-mail messages that will offer tips about staying quit.
- Free nicotine patches, gum or lozenges to help with the quitting process.

“North Dakota QuitNet is a great modern tool that people can use to improve their health and quit using tobacco,” said State Health Officer Terry Dwelle, M.D., M.P.H.T.M. “People can access QuitNet anyplace and anytime. It’s the perfect option for people who prefer to get professional advice and support for their quit attempt through an online community.”

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600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200
Phone: 701.328.2372 Fax: 701.328.4727 E-mail: health@nd.gov

Visit the health department home page at www.ndhealth.gov.

Minot resident Holly Ebel has been a QuitNet user for the past four months. She thinks the service has been a big help to her during her quitting process.

“I think QuitNet is absolutely wonderful,” Ebel said. “It is available 24 hours a day, so if I wake up at 2 a.m., it’s there for me. I’ve met a lot of friends on QuitNet and am a member of various QuitNet clubs that reach into other aspects of my life and help me maintain my quit.”

The Department of Health also continues to sponsor the North Dakota Tobacco Quitline, a free telephone-based service that helps tobacco users quit. QuitNet users will be able to use the online service in conjunction with the Quitline’s services to get the combination of help that’s right for them.

“There’s so much to explore on the site. There are some great online tools like calculators that tell you how many days you’ve extended your life and how much money you’ve saved,” Walker said. “And with the active chat groups, there is always something new to keep you motivated in your quit attempt.”

Services for North Dakota QuitNet are being provided by Healthways. Healthways has provided QuitNet online tobacco cessation services to other states since 1995 and continues to be the largest tobacco support website, with more than 600,000 participants and more than 3,700 visitors per day. Any North Dakota resident who is currently paying a fee to subscribe to the QuitNet’s premium service will no longer be charged.

North Dakota QuitNet is a North Dakota Department of Health, Division of Tobacco Prevention and Control program funded by the legislature through funds received in the Master Settlement Agreement with the tobacco industry. Funding also is provided by the CDC’s Office on Smoking and Health.

-- 30 --

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